



HEAT STRESS



MONTHLY
SAFETY
BRIEF
JULY 2003
NAF ATSUGI



Symptoms Include:

Dehydration: The body loses water and cannot cool off fast enough. You may feel thirsty and weak.

Heat Cramps: May occur alone or combined with heat exhaustion or heat stroke. They are painful and can sometimes be severe. The cramps will occur in the muscles being used while working, such as the arms, legs or stomach. Heat cramps often do not occur until after work when relaxing.

Heat Exhaustion: You will feel tired, nauseous, have a headache, and may be dizzy. The skin is damp and will be muddy or flushes in appearance. You may faint.

Heat Stroke: The skin will be hot and dry and you will have a high body temperature. You may feel confused and have difficulty breathing. You may also have convulsions or become unconscious. Heat stroke can kill you!!!!

Protect yourself from the heat stress

- Drink a lot of cool water all day before feeling thirsty. Drink a cup of water (5-7 ounces) every 15 minutes.
- Take many frequent rest breaks.
- Wear light-colored clothing, made of cotton.
- If traveling to a warm area for a new job, you need time for the body to become used to heat. Be extra careful the first two weeks on the job.
- If wearing protective clothing, you will need more rest breaks. You may also need to check your body temperature and heart rate.
- If an employee has a heat stroke, call emergency (on base 119). Move them to the shade, wipe his/her skin with cool water, and loosen clothing. Use a piece of cardboard or other firm material to fan the victim.

